November 2012

WHAT'S INSIDE

Workshops Page 1 Monthly Movies Page 2 Our Center Page 3 Keeping Current Page 4-5 Center Services Page 6 Travel Page 7 Lunch Menu and

Activities Page 8-9 Back Page Page 10

SENIOR CENTER HOURS

Monday - Wednesday 8:30 a.m. - 9:00 p.m.

Thursday - Friday 8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

Senior Recreation Coordinator TYLER PHILLIPS

Recreation Coordinator SARAH FOSTER (acting)

> Office Assistant III **ROY DAY**

Recreation Specialist NANCY HUGYIK

Nutrition Program EARLENE MINNIS 650-964-6586

Evening Building Attendants ANTHONY CUKAR **BJ HATHAWAY** ANGELIKA IGNAITIS RICH STEPHENS ALEJANDRA VALLE

Closed

Monday, Nov. 12 *

* Social Hall open for lunch

Thursday, Nov. 22

Friday, Nov. 23

WORKSHOPS: Please note that all workshops are free, but space is limited and preregistration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

A Discussion about Yoga

Discuss interactively and collectively to understand what Yoga is and what it is not by joining Yoga Instructor Subramanian for this workshop. Learn how regular, steady practice of Yoga is therapeutic and helps restore total-body health. Please wear loose clothing and

bring a notebook for jotting down notes. Bring questions and preferences as to what you would like to have covered. Space is limited, so sign up now!

Wednesday, November 14, 2012 11:00 a.m.

Dance and Movement Room

Is It Alzheimer's or Is It Normal Aging?

Realizing you are forgetting names of people, places or things can be frightening, but does it mean that you have Alzheimer's? Join Gerontologist Elna Tymes for a special talk as she discusses the difference between the forgetfulness everyone experiences and

nemory loss associated with early-stage Alzheimer's Disease. Also learn strengthening mental exercises and new therapies and medicine used to address Alzheimer's Disease.

Thursday, November 15, 2012 1:00 p.m. Social Hall

Facebook for Current Users

Facebook is a great way to keep in contact with your friends and family members on the internet. Join Monica Lipscomb as she shows you some tips and tricks to managing a personal profile on Facebook. Limited seating, sign up today. PREREQUISITE: You must have a Facebook profile to sign up for this workshop.

Wednesday, November 21, 2012 2:30 p.m.

Technology Room





City of Mountain View, CSD, Recreation Division 266 Escuela Ave., Mountain View, CA 94040 (650) 903-6330, www.mountainview.gov



MOVIES, MOVIES!

Come to one of our triple showings! **

Matinee showtimes: Tuesdays and Fridays at 1:00 p.m.

Evening showtime: Wednesdays at 5:30 p.m.

Location: Multipurpose Room B

All screenings have captions for the hard-of-hearing, **when available on the DVD.** There is no fee to enjoy these popular movies, and seating begins 30 minutes before the show.









Big Miracle Rated: PG

November 6, Nov 7, & Nov 9

Length: 107 minutes

After small-town Alaska journalist Adam Carlson writes about three whales trapped in the Arctic Circle, the U.S. and U.S.S.R. team up to rescue them in this tale inspired by true events. Meanwhile, Adam's Greenpeace volunteer ex-girlfriend arrives.



The Five-Year Engagement

November 13, Nov 14, & Nov 16

Rated: R (Sexual content, and language throughout) Length: 124 minutes
Jason Segel and Emily Blunt star in this contemporary romantic
comedy as an engaged young couple who discovers that the more
they get to know each other, the more unpredictable their
commitment to getting married becomes.



Mission Impossible: November 20 & November 21

Ghost Protocol

Rated: PG-13 Length: 133 minutes

Super-agent Ethan Hunt dangles from skyscrapers and otherwise takes daring to new heights on another operation from the Impossible Missions Force. Helping Hunt get the job done is droll fellow IMF agent Luther Stickel.



The Best Exotic Marigold Hotel Rated: PG-13

November 27, Nov 28, & Nov 30

Length: 124 minutes

To make the most of their meager retirement savings, a group of British seniors moves to India to live out their golden years at the Marigold Hotel. But upon arrival, they discover the once-lavish resort has wilted considerably.

**NOTE: Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

The mission of the Mountain View Senior Center is to provide programs that meet individual needs of seniors; create a sense of ownership in the Center; promote personal growth and socialization; and foster feelings of achievement, companionship and well-being. Participants of the Senior Center are encouraged to:

- Sign-in upon arriving to the facility at either the front or back entrance
- Participate in social service, educational and recreational programs
- Socialize with other participants
- Obtain information and referrals for needed services
- Voice ideas and concerns regarding programs



Our policies promote healthy, enjoyable and safe use of the Mountain View Senior Center for all participants:

- Treat others with courtesy and respect
- Refrain from use of abusive language, inappropriate physical contact or harassment of participants and staff
- Refrain from the consumption of alcohol on the premises
- Attend any required program orientations, including specific guidelines for use of facility equipment
- Follow guidelines for use of facility equipment
- Follow rules of any programs or classes participant attends

NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, November 19th at 2pm.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

BIGBINGO -Feeling LUCKY?
Join us on Monday,
November 5 at 1:00 p.m.
in the Social Hall.

DONATIONS, DONATIONS

The Senior Center accepts a variety of donations, including:

Old eyeglasses ● Magazines ● DVDs ● Paperback books ●



FREE TABLE—Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. SMALL items only.

DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to two DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!



BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, payable at the front desk. Maximum amount to be purchased at one time is five!

SENIOR CENTER BOOK CLUB

Meetings are held the second Tuesday of each month (11/13/2012) in Multipurpose Room B from 10:30 am – 11:30 am. Up next for discussion will be "The Diary of a Young Girl, Anne Frank, a Memoir." December's book selection is "Lots of Candles, Plenty of Cake," by Anna Quindlan.

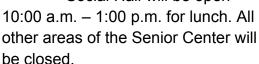


COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, volunteers are here to help on some mornings and afternoons. Volunteers will write their names on the whiteboard in the Technology Room when they are available. Just come to the Technology Room and ask questions, it is that easy!

CLOSURES

The Senior Center will be closed Monday, November 12 for Veterans Day. The Social Hall will be open







The Senior Center will be closed Thursday, November 22 and Friday, November 23 for the Thanksgiving Holiday.



November AARP class will be FREE to all Military Veterans and their dependents. Fill out a coupon when registering at the Front Desk to receive your Military Veteran Discount. Turn to page 6 to answer other questions you may have. See you soon.



They're Back !!!

The Book Club that meets once a month has returned to the Senior Center. Come join the fun!!! See page 3 for more details.

VOLUNTEER CORNER

September 2012

Brown Bag 192.00 **Lunch Program** 267.50 199.00 Receptionists **Social Services** 51.00 257.25 **Teaching**

966.75 hours!! **Total**



Holiday Spirit

Bring a can of food or non-perishable item to the Holiday Bazaar to donate to the Community Services Agency of

Mountain View and Los Altos, a non-profit serving the Senior Center and the Mountain View community. If you can, please help us to ensure all people have access to a happy and hearty holiday season. Bring a can of food and receive an extra raffle ticket.

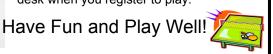


Ping Pong Rules and Regulations



have changed. You can register anytime of day to play. No more waiting for the clock to change. Complete Rules and Regulations can be picked up at the front

desk when you register to play.



Cheese Making Workshop

November 10th 1:00pm-4:00pm or December 1st 1:00pm-4:00pm

\$45 per person Impress your dinner quests with fresh, home-made cheese! For many, the prospect of making your own cheese is a bit daunting. In this three hour course.



"Farmer" Claire will demystify cheese-making and show you how fun and simple the process can be. Participants will learn how to make three cheeses — ricotta, mozzarella, and chevre. You will also receive tips for sourcing high quality ingredients and recommendations on useful cheese-making tools and utensils. Participants must be 18 years of age or older. Space is limited! Register today! Pre-registration is required. For more information or for a registration form e-mail

deerhollowfarm@mountianview.gov or call



650-903-6430 (mailbox 5). This workshop takes place at Deer Hollow Farm, located in the San Antonio Open Space Preserve.

"Poultry Safety"

Join us for a free workshop on nutrition with Second Harvest Food Bank. With Thanksgiving



fast approaching, learn about how to safely store and prepare poultry such as turkeys (chickens and ducks too). Everyone is invited to join this workshop, and you may even win a prize if you do!



Tuesday, November 20, 2012 10:00 a.m. Multipurpose Room B

Holiday Gala

December is almost here, which means an afternoon of holiday cheer is near! Enjoy dancing to Jerry Jay's Quartet as well as refreshments. This event is free, and everyone is welcome! Registration is not required, just show up, show off your fancy frocks, & enjoy some dancing.



Wednesday, December 12 4:00pm - 6:00pm Social Hall



SJSU Hearing Testing

Get your hearing tested free by students from San Jose State University at the Mountain View Senior Center.



Tuesday, November 13 9:00 a.m. – 11:00 a.m.

REGISTRATION REQUIRED. Sign up now as space is limited. To register, please visit the Senior Center front desk or call 650-903-6330.

SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except December 2012) from 2:00 p.m. - 4:00 p.m. Upcoming meetings will be:

November 28, January 16 & February 15.



Holiday Bazaar

When: Saturday, November 17, 2012

Time: 8:30 a.m. - 2:00 p.m.

Get a jumpstart on your holiday shopping with the homemade crafts of the Senior Center's Annual Holiday Bazaar. But that's not all! Enjoy a day of:

- Handcrafted goods for sale.

 See examples of handicrafts in the display case during November!
- Live entertainment
- Lunch available for purchase
- DIY Craft table Bring your grandchildren or try your hand at making your own!
- FREE raffle Must be present to win
- Ornament Contest

All entries must be homemade and not previously submitted.

Otherwise, the limits of your imagination are your only guidelines! Deadline for submission is 10:00 a.m., November 17. For more information, call 650-903-6330.







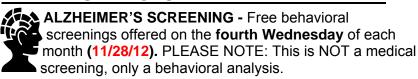
Appointments are necessary, unless otherwise noted.

Call Mountain View Senior Center front desk at (650)

903-6330 or visit the front desk for an appointment.

There are NO waitlists for appointments.

HEALTH SERVICES



BLOOD PRESSURE CHECK - Come to the Counseling Room to have your blood pressure checked by volunteer nurses on **Fridays from 10:30 to 11:30 a.m.** No appointment needed.

EYEGLASS REPAIR - Adjustments, repairs, advice. Second and fourth Tuesday of each month (11/13/12 & 11/27/12).

HICAP - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second Monday and fourth Tuesday** of each month **(11/27/12). NO HICAP MONDAY 11/12/12**



NOTARY SERVICE - Offered the first Thursday (11/1/12) of each month. Appointments available from 8:30 - 10:30 a.m.

PODIATRY SCREENING - No longer available. Sorry, Dr. Scholl is NOT available either.

SOCIAL SERVICES

SENIOR ADULT LEGAL ASSISTANCE (SÁLA) - The 1st and 4th Tuesday in November (11/6/12 & 11/27/12). Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Due to the high demand for this service, all appointments must be confirmed by you 4-13 business days before your appointment (the Friday before the appointment, at the latest), or the appointment will be given to another patron. Please call, email or stop by the front desk in order to confirm or cancel your appointment.

FOOD SERVICES

BROWN BAG - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday**, **starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

NUTRITION PROGRAM - Suggested donation for ages 60+ is \$3.00 & guests under 60 is \$6.00. Lunch is served Monday - Friday at 11:45 a.m., sign in by 11:15 a.m. More information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.



VTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

Senior discount passes may be purchased at your local Walgreens store, online at clippercard.com, or by phone at 877-878-8883. If you do not have a Clipper card and want to have one, dress nice and have your photograph taken for a new Clipper card at the Senior Center, December 4, 10:00 am - 10:30 am.

AARP DRIVER SAFETY

REGULAR CLASS - The Safety
Program class offered by AARP is scheduled for November 6 and 13, 2012 from 5:00 p.m. to 9:00 p.m. at the Senior Center. The fee for the 8-hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members.

REFRESHER COURSE -

Tuesday, December 11, 2012 from 4:30 p.m. to 9 p.m. The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non-members. To register for classes, come in or mail a check, payable to AARP, dated the first day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted. For insurance benefits, contact your insurance carrier.

ONLINE - Driver Safety program now available. Visit www.aarp.org for information & to sign up.





CSA Information and Referral Day:

Medi-Cal

Come join Community Services Agency's Senior Case Managers to learn about what it is, how it works, and how to sign up. From 10:00 a.m. – 11:00 a.m., Senior Case Managers will be available to answer your questions.

APPOINTMENTS REQUIRED -

Make an appointment in person at the Senior Center Front Desk or call 650-903-6330.

Date: Tuesday, November 20, 2012 Where: Senior Center Counseling Room

MOUNTAIN VIEW SEASONED TRAVELERS

For travel information, registration and payment:

Monday - Friday at the front desk, 12:00 p.m. - 4:30 p.m. and Thursday at the travel desk in the Social Hall lobby, 9:00 a.m. - 11:45 a.m.

Travel registration is moving to the afternoons. You can register for travel at the Front Desk between 12pm and 4:30pm daily. A Kanen Tours' representative will be available for registration on Thursday mornings in the Social Hall Lobby between 9:00am and 11:45am. Happy Trails.

Cache Creek Casino

Brooks, CA

WHEN: Thursday, November 8, 2012

COST: \$33 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

<u>DEPART</u>: 7:30 a.m. from Community Center RETURN: Approximately 5:30 p.m.

Red Hawk Casino

Shingle Springs, CA

WHEN: Tuesday, December 4, 2012

COST: \$33 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Community Center

RETURN: Approximately 5:30 p.m.

Thunder Valley Casino

Lincoln, CA

WHEN: Wednesday, January 9, 2013

COST: \$33 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Community Center

RETURN: Approximately 5:30 p.m.

Black Oak Casino



Tuolomne, CA

WHEN: Tuesday, February 12, 2013

COST: \$28 per person

<u>INCLUDES</u>: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Community Center

RETURN: Approximately 5:30 p.m.



Christmas at Hearst Castle

WHEN: December 10 - 11, 2012

COST: \$325 per person (double occupancy)

Join the Mountain View Seasoned Travelers for an overnight holiday trip to Hearst Castle!

Travel back in time to experience

Hearst Castle as it

might have been on Christmas during its heyday in the '20s and '30s. The trip includes an overnight stay at Cambria Pines Lodge,

three meals, and time for holiday shopping in quaint downtown Cambria. The tour climaxes with a Christmas Experience Tour at Hearst Castle where docents dress in

period costumes and the castle is adorned with 18-foot Christmas trees and other festive décor.



When: Februrary 12, 2013 Cost: \$80 per person

The Santa Clara County District Attorney's Crime Laboratory is a nationally accredited forensic laboratory servicing all criminal justice agencies in Santa Clara County. Take a virtual

tour of the lab, then go for a hosted lunch at Original Joe's, a fixture of San Jose.



Thursday CRANBERRY Friday PARTY SALAD 10:30 Blood Pressure Check 8:30 Notary 10:30 Bookmobile 10:45 Dancing, Social Hall 11:45 Lunch 11:45 Lunch **MIXTURE #1:** Baked fish, brown rice. Chicken cacciatore w/onions, green 1 (3 OZ.) PKG. California blend veggies, bell peppers, mushrooms & diced green salad fruit tomatoes- green salad, fruit REGULAR VANILLA 1:00 Movie: Abbott & Costello Meet **PUDDING** Frankenstein 1 (3 OZ.) PKG. LEMON JELLO 9 2 C. WATER 10:30 Blood Pressure Check 10:30 Bookmobile 11:45 Lunch 10:45 Dancing, Social Hall MIX IN SAUCEPAN. Lasagna, corn w/red bell 11:45 Lunch COOK AND STIR Boneless pork chop, brown rice, 5 way peppers, coleslaw, fruit blend veggies, green salad, fruit UNTIL MIXTURE 1:00 Movie: Big Miracle BOILS. COOL IN REFRIGERATOR UNTIL THICK. 16 10:30 Blood Pressure Check 10:30 Bookmobile 10:45 Dancing, Social Hall 11:45 Lunch **MIXTURE #2:** Chicken enchilada, Spanish 11:45 Lunch 1 (3 OZ.) PKG. RED Linguine w/tuna, pasta, spinach brown rice, corn green & red bell pepper in entrée, salad, fruit JELLO (ALL ARE 1:00 Workshop: Is It salad, fruit GOOD) **Birthday Celebrations** Alzheimer's or Is It 1 C. WATER Normal Aging? 1:00 Movie: The Five-Year Engagement Holiday Bazaar tomorrow! MIX IN SAUCEPAN. 8:30am to 2:00pm COOK AND STIR 23 UNTIL DISSOLVED. closed STIR IN 1 (16 OZ.) CAN WHOLE CRANBERRY SAUCE OR JELLIED, COOL UNTIL THICK. FOLD 1 MEDIUM CONTAINER COOL WHIP INTO LEMON MIXTURE. 30 10:30 Blood Pressure Check IN CRYSTAL BOWL, 10:45 Dancing, Social Hall LAYER YELLOW-11:45 Lunch

29 10:30 Bookmobile 11:45 Lunch Chicken rice soup w/veggies, dinner roll salad w/ red cabbage4, tomatoes, carrots & egg, fruit

8

15

22

Chef's choice fish, brown rice, peas & pearl onions, green salad w/broccoli, pears

1:00 Movie: The Best Exotic Marigold

Hotel

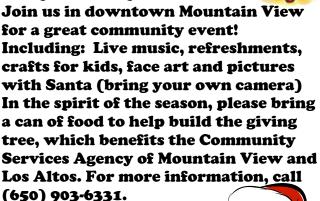
RED-YELLOW-RED-YELLOW.

THIS MAKES A BEAUTIFUL PARTY SALAD

WELCOME to the "Back Page" of the Prime Time News! This page is your one spot stop to connect to the community at the Senior Center, the City of Mountain View, and beyond!

Tree Lighting

Civic Center Plaza 500 Castro Street Monday, December 3 5:30 p.m.—7:30 p.m.



The Rengstorff House: Open House

Thursday, December 6, 2012 7-9 p.m.





Enjoy the Rengstorff House dressed in holiday finery. Join in singing Christmas carols while nibbling on a festive array of goodies. Free event. Call 650-903-6392 for more information. Located at 3070 N. Shoreline Blvd., Mountain View.

DECEMBER HOLIDAY HOURS

During the last week of December, the Senior Center will be open for limited days and hours for lunch only. Please plan ahead, and coordinate your transportation needs.



Monday, December 24 Closed

Tuesday, December 25 Closed

Wednesday, December 26 10:00 a.m. - 1:00 p.m.

(open for Lunch Program only*)

Thursday, December 27 10:00 a.m. - 1:00 p.m.

(open for Lunch Program only*)
Friday, December 28

10:00 a.m. - 1:00 p.m. (open for Lunch Program only*)

Monday, December 31
Closed

Tuesday, January 1 Closed





*Please note that only the Social Hall will be open. All other areas in the Senior Center will be closed.

Double Features are Home for the Holidays

December 17th to 21st

Majestic Monday

10:00 a.m. - The Princess Bride (1987)

1:00 p.m. - The Prince and the Showgirl (1957)

Tuneful Tuesday

10:00 a.m. - White Christmas (1954) 1:00 p.m. - The King and I (1956)

Wednesday: A Movie of Epic Proportions

3:30 p.m. – Lawrence of Arabia (1962) – Part 1 * 6:00 p.m. – Lawrence of Arabia (1962) – Part 2 * There will be a 10-minute break between Part 1 and Part 2

Thursday: Wild Katharine Hepburn

10:00 a.m. – Bringing Up Baby (1938) 1:00 p.m. – African Queen (1951)

Festive Friday

10:00 a.m. – The Shop around the Corner (1940) 1:00 p.m. – The Bishop's Wife (1947)



If you would like to receive the *Senior Center Monthly Prime Time*News Newsletter via email, please contact the front desk to give us
your name and email address. Newsletters are sent on the last week of
the month so check your inbox!